



Crumbed Chicken Strips & Garlic Veggies

with Zesty Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Courgette



Baby Broccoli



Lemon



Mayonnaise



Aussie Spice Blend



Panko Breadcrumbs



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early

You think you know crumbed chicken? Think again! With our Aussie spice blend in the mix, it goes from tasty to totally irresistible. Paired with a nutritious assortment of vegetables and zesty mayo for extra creamy deliciousness, you'll be talking about this long after you've scooped up the final crumbs.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
courgette	1	2
baby broccoli	1 bag	1 bag
lemon	½	1
mayonnaise	1 large packet	2 large packets
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
panko breadcrumbs	1 packet	1 packet
butter*	15g	30g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2586kJ (618Cal)	478kJ (114Cal)
Protein (g)	41.2g	7.6g
Fat, total (g)	33.9g	6.3g
- saturated (g)	9g	1.7g
Carbohydrate (g)	34.4g	6.4g
- sugars (g)	8.1g	1.5g
Sodium (mg)	1030mg	191mg
Dietary Fibre (g)	8.8g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Finely chop **garlic**. Thinly slice **carrot** and **courgette** into half-moons. Trim **baby broccoli**.
- Zest **lemon** to get a pinch, then slice into wedges.

Little cooks: Under adult supervision, older kids can help grate the zest.



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **courgette**, **carrot** and **baby broccoli**, tossing, until tender, **5-6 minutes**.
- Add the **butter** and **garlic** and cook until fragrant, **1 minute**.
- Remove from heat, then add a squeeze of **lemon juice**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the veggie cooking process.



Make the lemon mayo

- In a small bowl, combine **lemon zest** and 1/2 the **mayonnaise**. Season to taste.
- Cut **chicken breast** into 2cm strips.

Little cooks: Take charge by combining the zest and mayo!



Cook the chicken

- Wipe out and return frying pan to high heat with a generous drizzle of **olive oil**. When oil is hot, cook crumbed **chicken** until browned and cooked through, **3-4 minutes** each side.

TIP: Chicken is cooked through when it is no longer pink inside.



Prep the chicken

- In a medium bowl, combine **Aussie spice blend** and the remaining **mayonnaise**. Add **chicken strips** and toss to coat.
- In a second medium bowl, add **panko breadcrumbs**.
- Coat handfuls of **chicken** in the **panko breadcrumbs**, then transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers. Make sure to wash them after.



Serve up

- Divide crumbed chicken strips and garlic veggies between plates.
- Serve with zesty mayo and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW46



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